Oofurf Baka
OOFURF-BAKA.TUMBLR.COM | CH. 28
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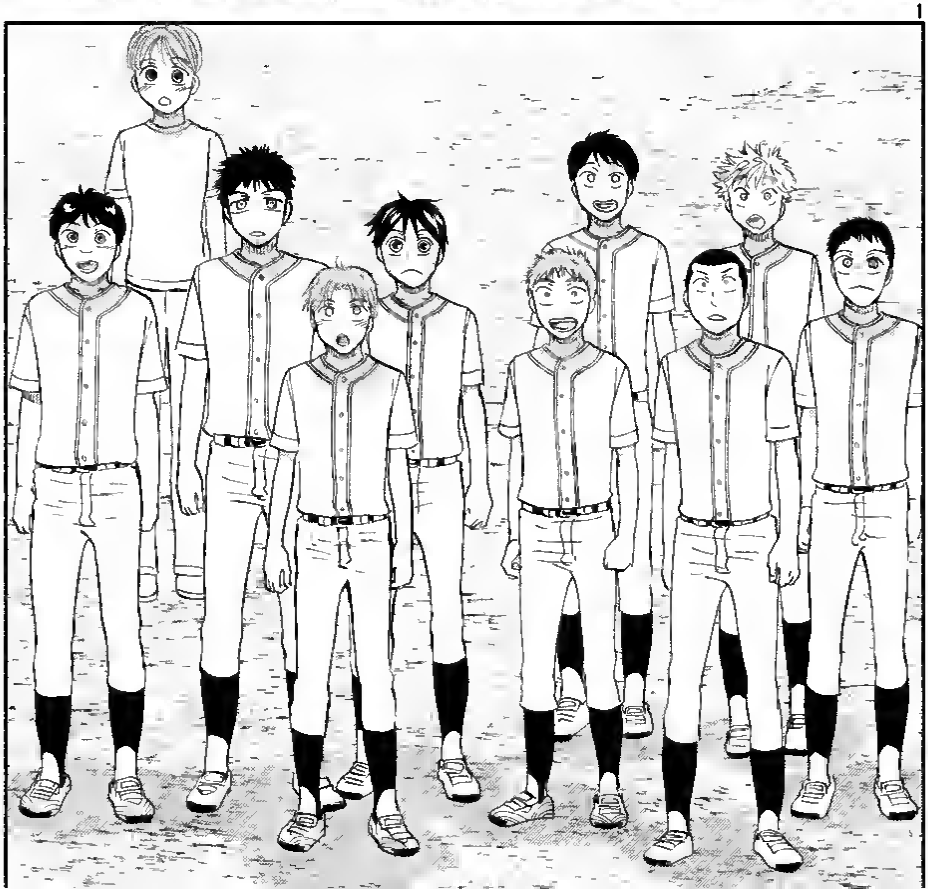
おおきく振りかぶって

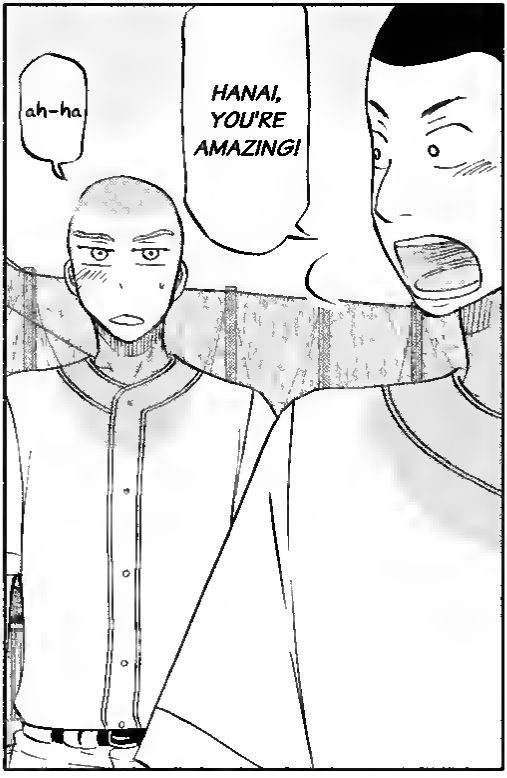
128: Mental Training

ひぐちアサ



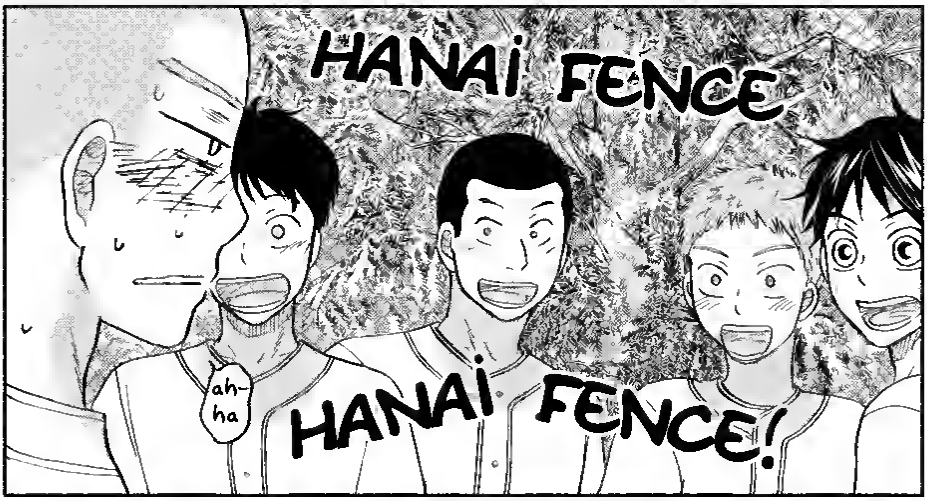
IF IT'S LIKE THIS, THE BALLS WON'T FLY OVER IT
THE FENCE GOT EXTEN -DED
IT'S SO HIGH

2

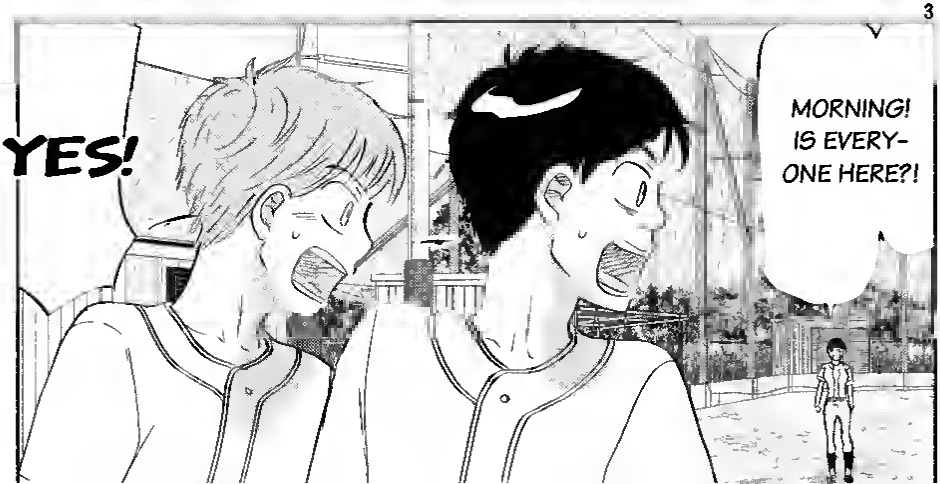

ah-ha
HANAI, YOU'RE AMAZING!

WHO WOULD HAVE THOUGHT THAT THE SCHOOL WOULD DO IT...

OHHH
IT'S THE "HANAI FENCE"


HANAI FENCE
ah-ha
HANAI FENCE!

3

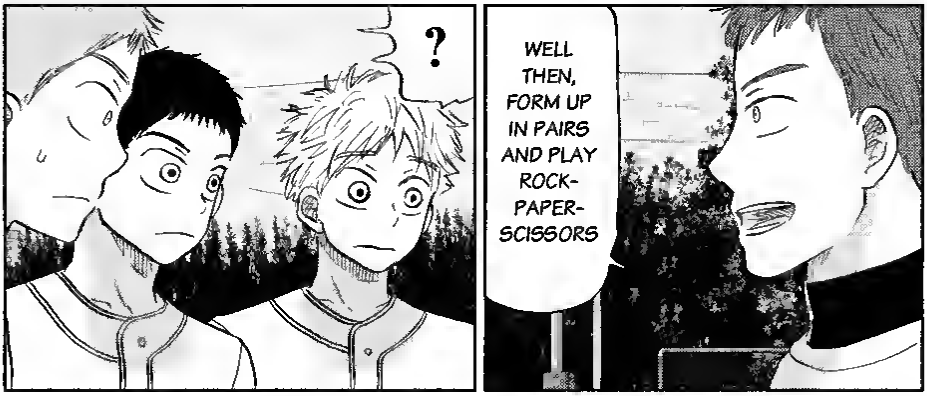

YES!
MORNING! IS EVERY-ONE HERE?!

HELLO!
TODAY WE HAVE A MENTAL TRAINING ADVISOR HERE

4

MY NAME IS MATSU -ZAKI
I'M A 3RD YEAR IN UNIVER- SITY, STUDYING MENTAL TRAINING
HELLO!
HELLO!

FROM NOW ON I'LL COME ONCE A MONTH OR MORE DEPENDING ON THE SITUATION,
AND PROVIDE MENTAL SUPPORT TO EVERY-ONE


?
WELL THEN, FORM UP IN PAIRS AND PLAY ROCK-PAPER-SCISSORS

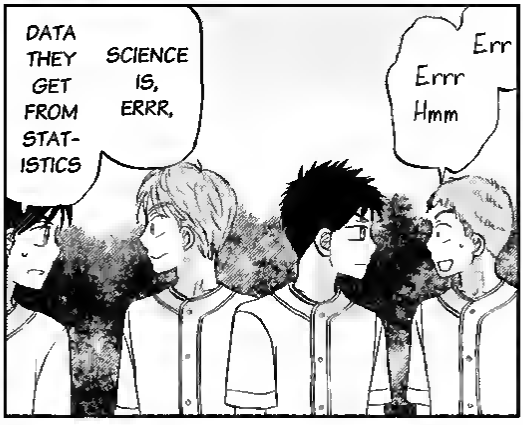
5

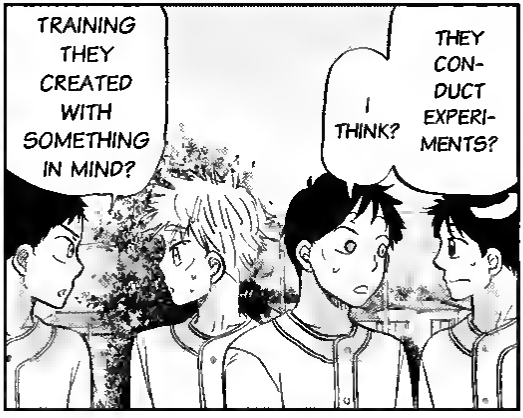
ROCK-PAPER
ROCK PAPER SCIS-SORS !
THEN

PLEASE EXPLAIN WHAT SCIENTIFIC TRAINING IS TO THOSE WHO WON
OKAY THEN, THOSE WHO LOST

6

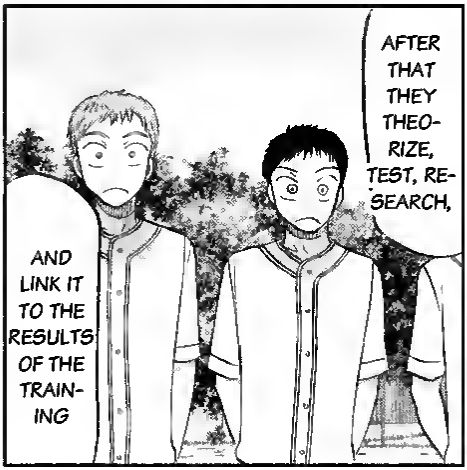
I WONDER IF THERE'S SOME-THING SCIENTIFIC IN WHAT WE ARE DOING NOW?
TO BE ABLE TO TRAIN EFFICIENT-LY?


DATA THEY GET FROM STAT-ISTICS
SCIENCE IS, ERRR,
Err
Errr
Hmm


TRAINING THEY CREATED WITH SOMETHING IN MIND?
I THINK?
THEY CON-DUCT EXPERI-MENTS?

.....
OKAY, THAT'S ONE MIN-UTE
WAS THERE ANYONE AMONG THE WINNERS WHO WAS CONVINCED BY THOSE EXPLANA-TIONS?
OHHH
YES!
7
ERM
THE RESULT IS THE SAME NO MATTER WHO DOES IT...?
AMA-ZING. WHAT WAS IT?

WOW
PRETTY GOOD!

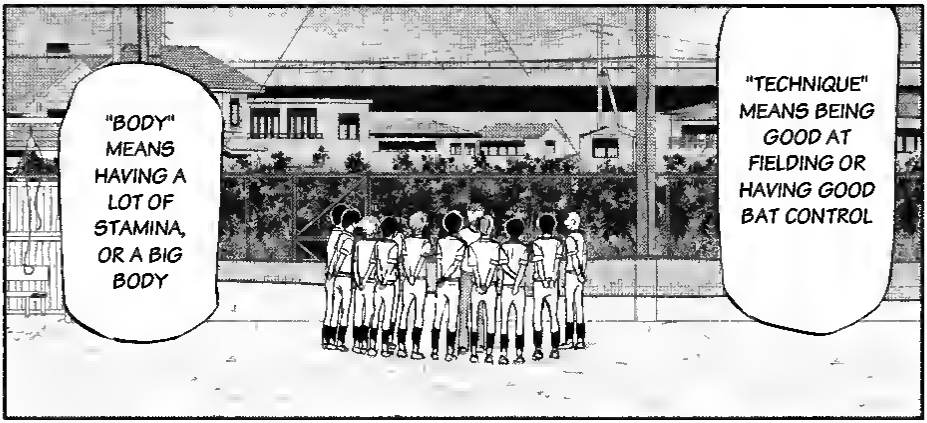

AFTER THAT THEY THEO-RIZE, TEST, RE-SEARCH,
AND LINK IT TO THE RESULTS OF THE TRAIN-ING

A LO˜T OF DATA, AS UNBIASED AS POS-SIBLE
YEP. FIRST OF ALL, THE SCIENTIFIC METHOD MEANS COLLECTING DATA

8

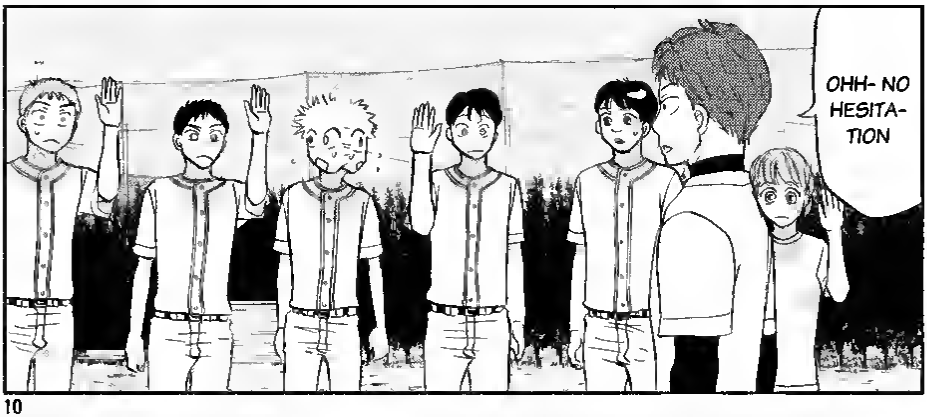
THERE ARE A LOT OF PEOPLE WHO, AFTER CLOSELY STUDYING THE BE-HAVIOUR OR LIFE OF OLYMPIC AND FIRST-CLASS PRO-FESSIONAL ATHLETES,
ADOPT SOMETHING INTO THEIR OWN TRAINING AND LIFE THAT STRENGTH-ENS MENTAL SPIRIT
GATHERING A LO˜T OF THIS DATA AND THEN THEORIZING, TESTING, RESEARCHING, AND COMMUNICATING IT SO THAT EVERYONE CAN PRACTICE IT. THAT'S THE SORT OF MENTAL TRAINING I'M STUDYING AT UNIVERSITY

BY THE WAY,
WHAT DO YOU THINK THE MOST IMPORTANT ASPECT TO WINNING A MATCH IS - SPIRIT, TECHNIQUE, OR BODY?
"SPIRIT" MEANS BEING ABLE TO HANDLE PRESSURE WELL, OR ALWAYS HAVING THE IMAGE OF WINNING IN YOUR HEAD


"TECHNIQUE" MEANS BEING GOOD AT FIELDING OR HAVING GOOD BAT CONTROL
"BODY" MEANS HAVING A LOT OF STAMINA, OR A BIG BODY

SPIRIT - TECH-NIQUE - BODY
WHO THINKS IT'S "SPIRIT"?
readily!

lift
lift


OHH- NO HESITA-TION

10

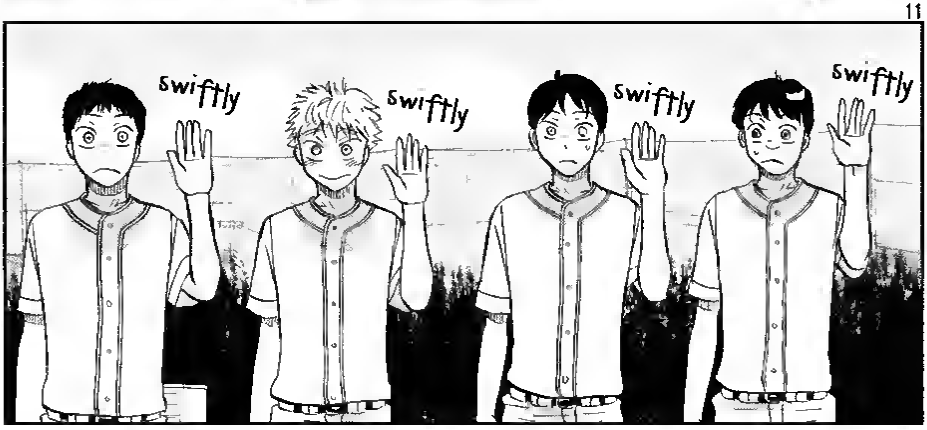
SORRY,
I'LL GO WITH SPIRIT, AFTER ALL!
M-
ME TOO
THEN WHO THINKS IT'S "TECH-NIQUE"?

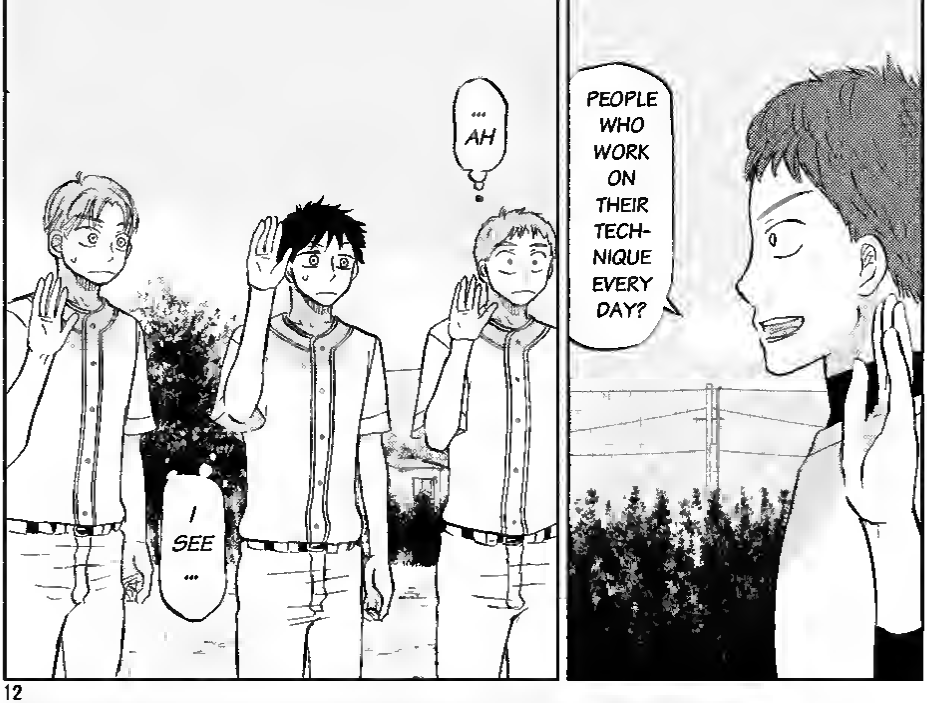
I SEE, IT'S SPIRIT!
ME TOO

WELL THEN, AMONG SPIRIT-TECHNIQUE-BODY, ARE THERE PEOPLE WHO DO "BODY" TRAINING EVERY DAY?

THEN EVERY-ONE CHOSE "SPIRIT"
SLOWLY

11


Swiftly
Swiftly
Swiftly
Swiftly


PEOPLE WHO WORK ON THEIR TECH-NIQUE EVERY DAY?
...AH
I SEE...

12

WELL THEN, PEOPLE WHO TRAIN THEIR SPIRIT EVERY DAY?
.....
SO THAT'S WHAT THIS WAS...

THAT... DOESN'T REALLY FEEL LIKE TRAINING ...
EVERY DAY WE MEDITATE BEFORE PRACTICE AS PART OF OUR MENTAL TRAINING, BUT...
WELL,
BUT?
13
BUT YOU ARE RIGHT,
THAT ALONE CAN'T BE CALLED TRAIN-ING
EVEN AT OUR LESSONS, WE MATCH OUR BREATHING AND START WITH RELAXA-TION
NO, I THINK MEDITA-TION IS GOOD

YOU IMPROVE AS YOU TRAIN YOUR "BODY" AND PRACTICE YOUR "TECHNIQUE" EVERY DAY

AND YET,
EVERYONE ON THE TEAM CONSIDERS "SPIRIT" THE MOST IMPORTANT ASPECT, BUT HARDLY TRAINS IT

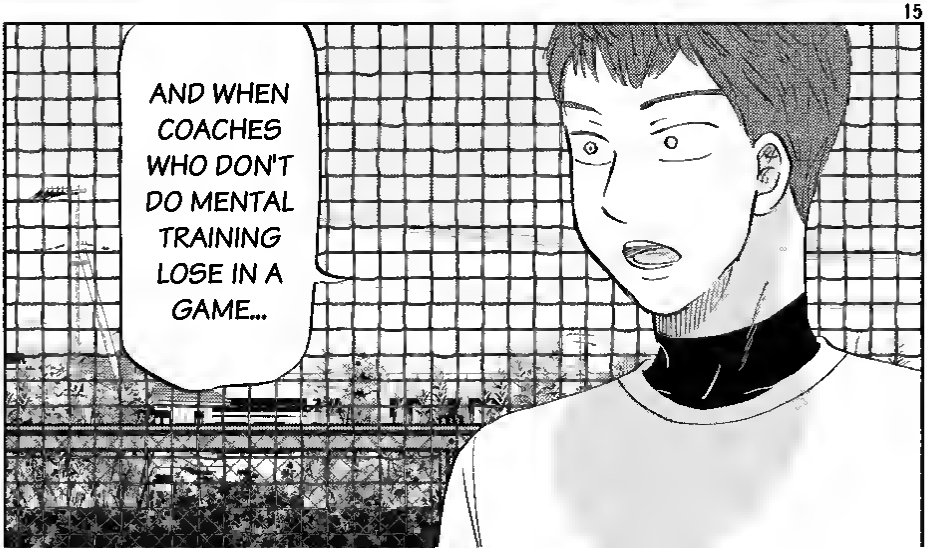
14

WHY IS THAT ?!

THERE'S STILL LITTLE UNDER-STANDING OF MENTAL STATE IN THE JAPANESE BASEBALL WORLD
BECAUSE YOU DON'T KNOW HOW!

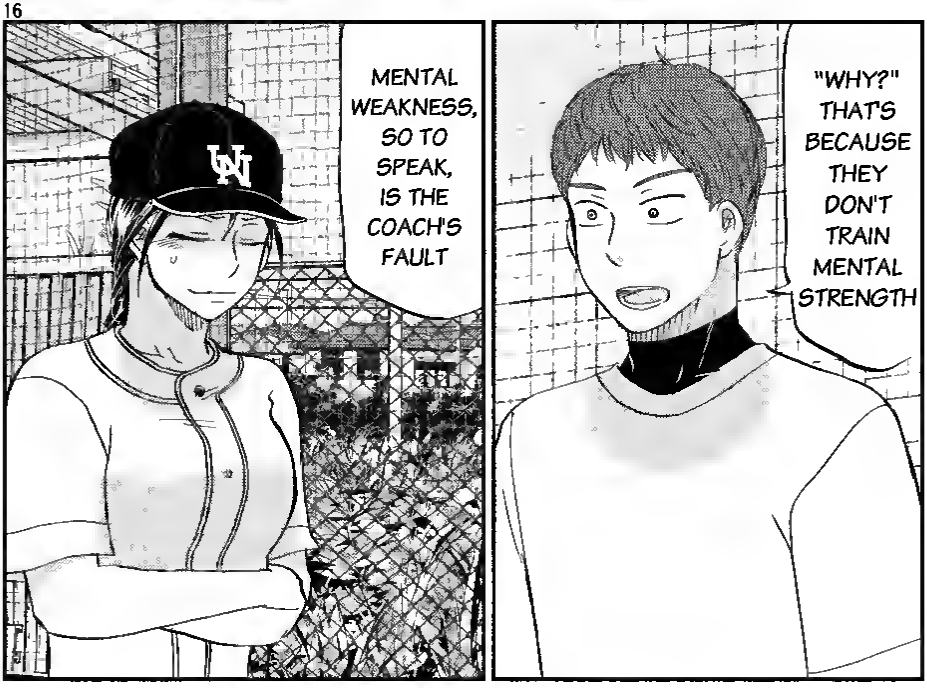
THAT'S BECAUSE THEY'VE NEVER DONE IT THEMSELVES WHEN THEY WERE PLAYERS; THEY DON'T KNOW HOW TO PRACTICE IT AND DON'T MAKE TIME FOR PRACTICE

15

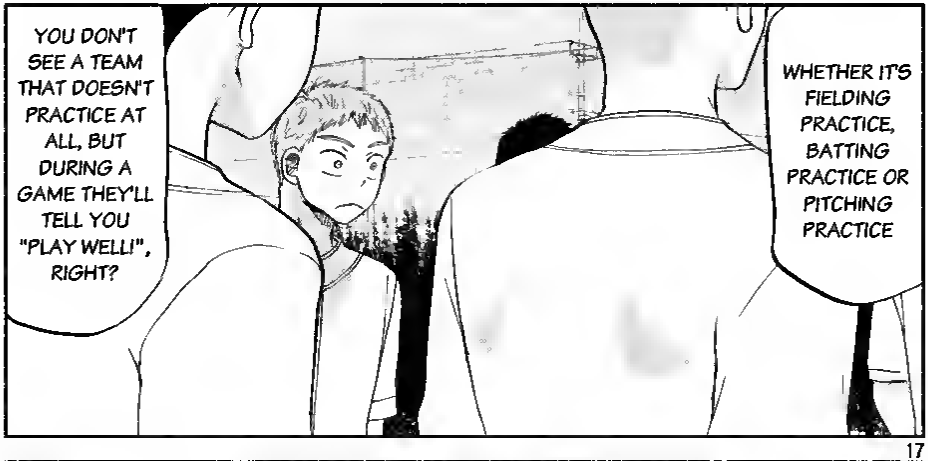

AND WHEN COACHES WHO DON'T DO MENTAL TRAINING LOSE IN A GAME...

BA-DUMP
BA-DUMP
THEY GET ANGRY LIKE THAT
Gulp
YOU CAN'T HANDLE PRESSURE!
WHY CAN'T YOU SHOW YOUR REAL ABILITY?
BA-DUMP

16


MENTAL WEAKNESS, SO TO SPEAK, IS THE COACH'S FAULT
"WHY?" THAT'S BECAUSE THEY DON'T TRAIN MENTAL STRENGTH

BUT EVEN COACHES DON'T KNOW THAT YOU CAN TRAIN YOUR MENTAL STRENGTH


YOU DON'T SEE A TEAM THAT DOESN'T PRACTICE AT ALL, BUT DURING A GAME THEY'LL TELL YOU "PLAY WELL!", RIGHT?
WHETHER IT'S FIELDING PRACTICE, BATTING PRACTICE OR PITCHING PRACTICE

EVEN THOUGH YOU DON'T USUALLY DO ANY TRAINING AT ALL, AT THE MATCH THEY SAY "PUT YOUR SPIRIT INTO IT"
HOWEVER, FOR MENTAL STRENGTH,

INSTEAD YOU BODY TENSES UP, PREVENTING YOU FROM PLAYING WELL
GRR~
AND WHILE YOUR FACE BECOMES LIKE TH~IS

18

BUT IF YOU WANT TO ALWAYS SHOW YOUR BEST PLAY
YOU MUST ALSO TRAIN SPIRIT... YOUR MENTAL STRENGTH
NO MATTER HOW MUCH YOU TRAIN YOUR BODY AND PRACTICE YOUR TECHNIQUE, IT'S POINTLESS UNLESS YOU CAN USE THAT STRENGTH IN A GAME, RIGHT?
OF COURSE, YOU MUST TRAIN YOUR BODY AND PRACTICE YOUR TECHNIQUE,

THAT'S THE BASICS!
TRAIN YOUR MENTAL STRENGTH EVERY DAY TOO!
YES!
GOT IT ?!

19

Ah, is it ok?
THEN LET'S DO IT RIGHT NOW

AT FIRST WE DID IT FOR FIVE MIN-UTES,
BUT NOW WE FINISH IT IN THREE
HOW DO YOU MEDI-TATE?
AH, WE FORM A RING
LET'S PUT ON MUSIC
BEEP
YOU ALSO MATCH YOUR BREATH, HUH
YEP
IT'S DIFFERENT FROM HOW WE DO IT BUT I RESPECT THAT

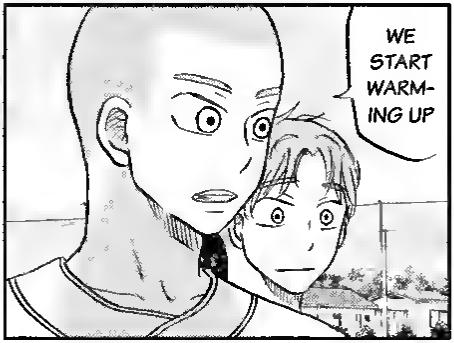
20

OH
WIRELESS SPEAKER

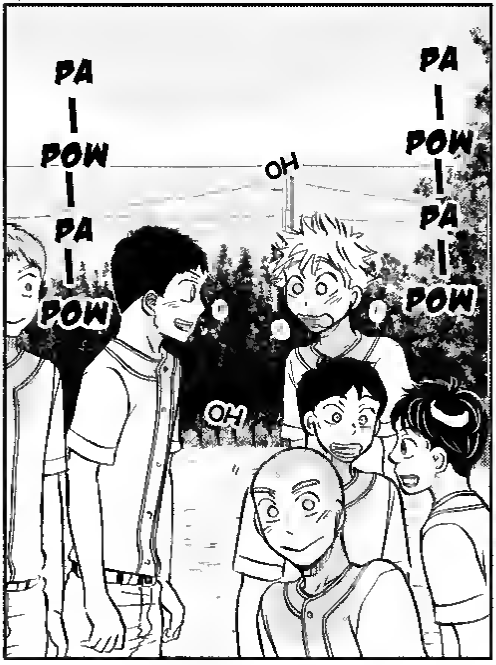
INHALE
EXHALE
3 MIN-UTES, START
MATCH YOUR BREATH TO THE MUSIC
INHALE
EXHALE
INHALE
21
OKAY, THAT'S 3 MINUTES
BEEP
SIGH

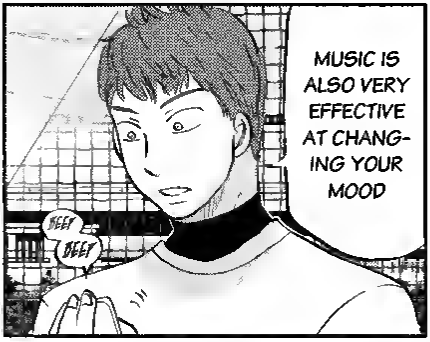
THEN LET'S WARM UP OUR MENTAL SPIRIT TOO
THINK OF IT THE SAME AS YOUR BODY
AFTER RELAXING YOU NEED TO WARM UP YOUR MENTAL SPIRIT TOO

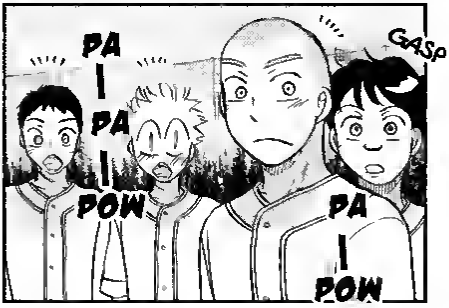
WHAT DO YOU DO AFTER THAT?


WE START WARM-ING UP

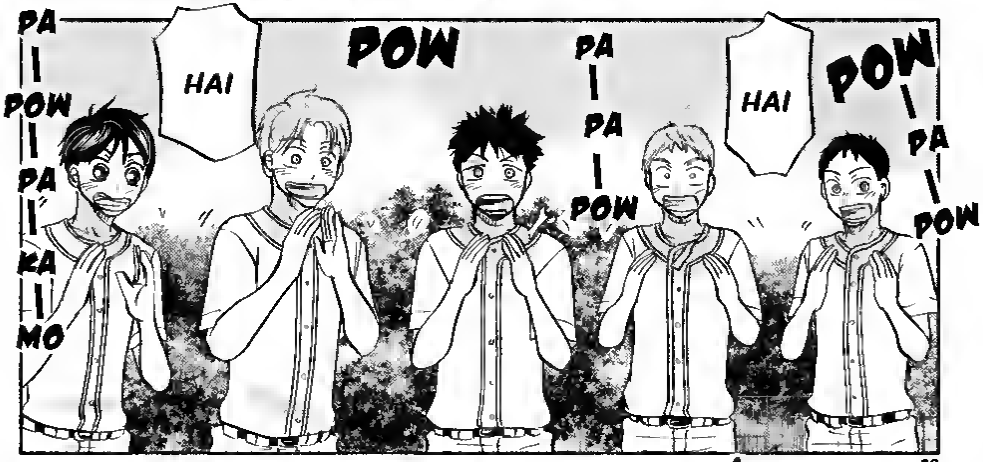
22


PA
POW
PA
POW
OH
OH
PA
POW
PA
POW


MUSIC IS ALSO VERY EFFECTIVE AT CHANG-ING YOUR MOOD
BEEP BEEP


PA
PA
POW
GASP
PA
POW

POW
HAI
POW
HAI
PA
POW
PA
POW
CLAP TO THE BEAT!
OKAY
PA
PA
RA


PA
POW
PA
KA
MO
HAI
POW
PA
PA
POW
HAI
POW
PA
POW

23

WITH A SMILE!
PA WAI
NA
NA
NA PA WAI

PLAY ROCK-PAPER-SCISSORS-TURN-THAT-WAY WITH THE PERSON BESIDE YOU!
PA WAI
NA
NA
IF YOU WIN, GET REALLY HAPPY!
HUH?
NA
IF YOU LOSE, REGRET IT FOR REAL!
AH?
EH?
NA
24
START!
NA
NA
NA
NA
NA
turn that way
Ro... rock paper scissors

I LOST
I DID IT!
It's a draw!
DAMN
WAY!
UWOH!
YAHOO!
UGYAAAH

25

POW
HOI
POW
THE RHYTHM WILL GRA-DUALLY SPEED UP!
PA
SAY "HOI-HOI-HOI" AS LOUD AS POSSIBLE!
HAI

PA
HOI
PA
HOI

HOI
PA
HOI
PA
HOI
HOI
PA

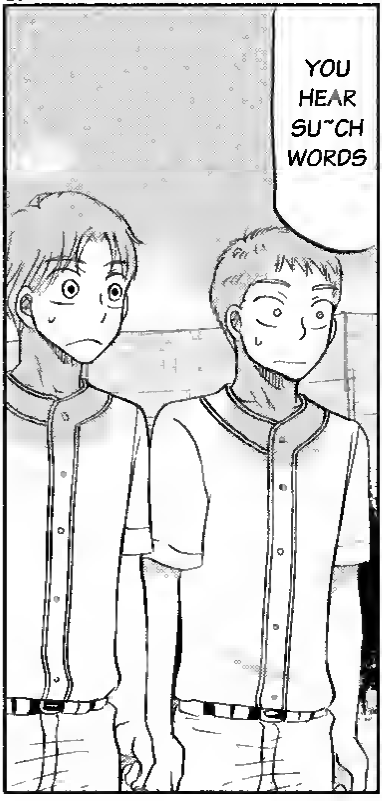
26

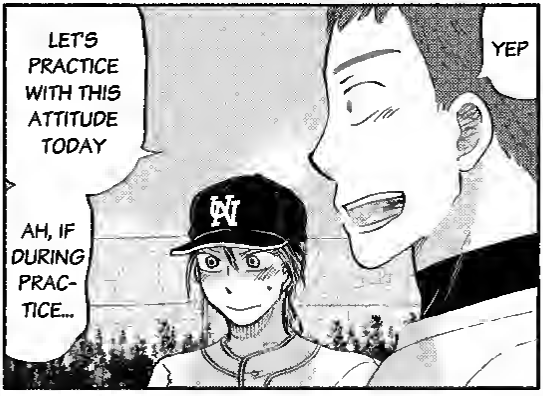
HOI
PA
HOI
PA
HOI
PA
HOI
PA
HOI
PA
PA
PA
HOI
HOI
HOI
HOI
PA
HOI

NOW HIGH FIVE AT THE END!
27
PA
YAY!
YAY!
PA
PA

OH, I SEE!
WE'VE NEVER PRACTICED WITH THIS SORT OF TENSION
THIS IS PSYCH-ING UP!
A WARM UP FOR YOUR SPIRIT
OKAY!

28


YOU HEAR SU~CH WORDS


LET'S PRACTICE WITH THIS ATTITUDE TODAY
AH, IF DURING PRAC-TICE...
YEP

I CAN'T AN-MORE
SLEEPY
SO TIRED
... SO HARD

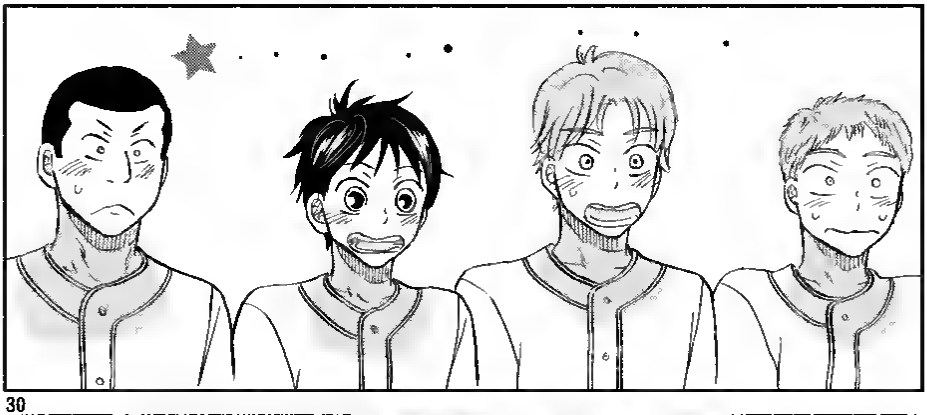
172

"PLUS" THINK-ING BEAM!!!
DO THIS!
THWAP
Bii
Bii
Bii

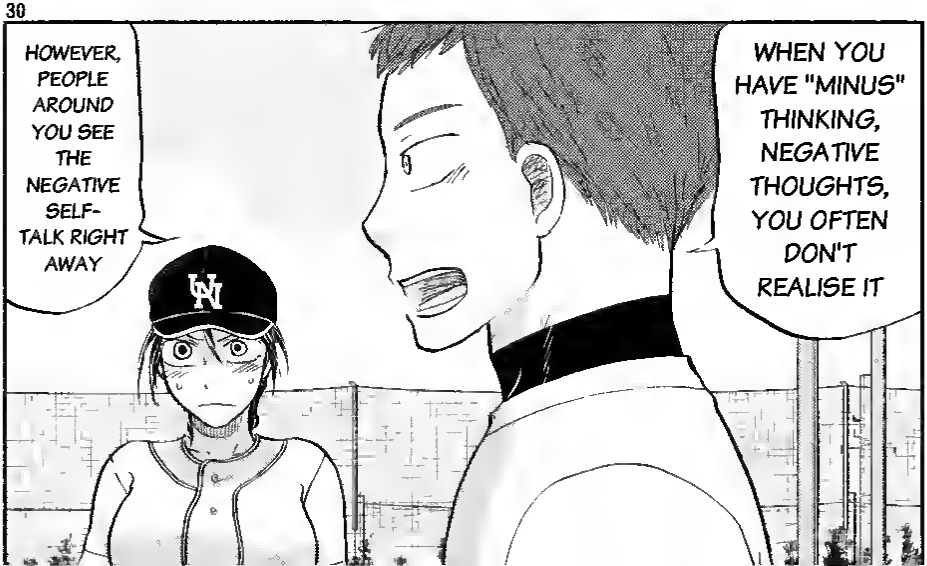
29

THOSE WHO RECEIVED THE BEAM, DO THIS!
AND
WHOOSH

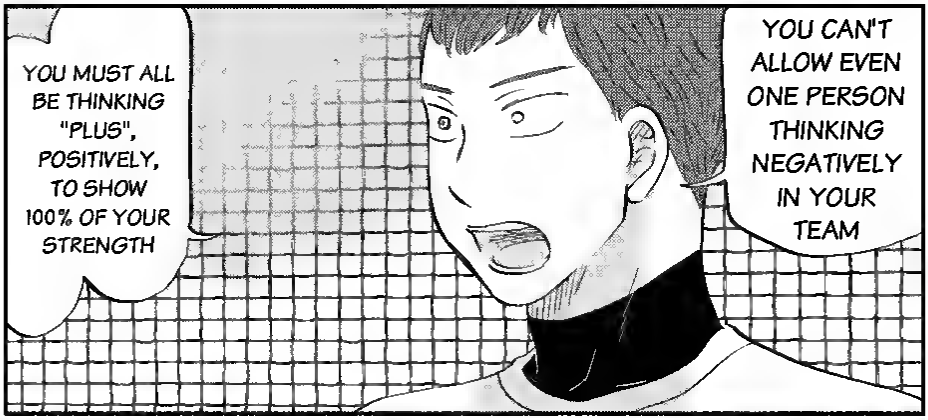
AH—
SPIN
PLUS !!
THWAP



30


WHEN YOU HAVE "MINUS" THINKING, NEGATIVE THOUGHTS, YOU OFTEN DON'T REALISE IT
HOWEVER, PEOPLE AROUND YOU SEE THE NEGATIVE SELF-TALK RIGHT AWAY

JUST ONE PERSON THINKING NEGA-TIVELY
CAN HOLD THE WHOLE TEAM BACK A LOT
THROWS COLD WATER ON THE MOTIVA-TION OF THE PERSON WHO HEARS IT
BE-CAUSE NEG-ATIVE SELF-TALK


YOU MUST ALL BE THINKING "PLUS", POSITIVELY, TO SHOW 100% OF YOUR STRENGTH
YOU CAN'T ALLOW EVEN ONE PERSON THINKING NEGATIVELY IN YOUR TEAM

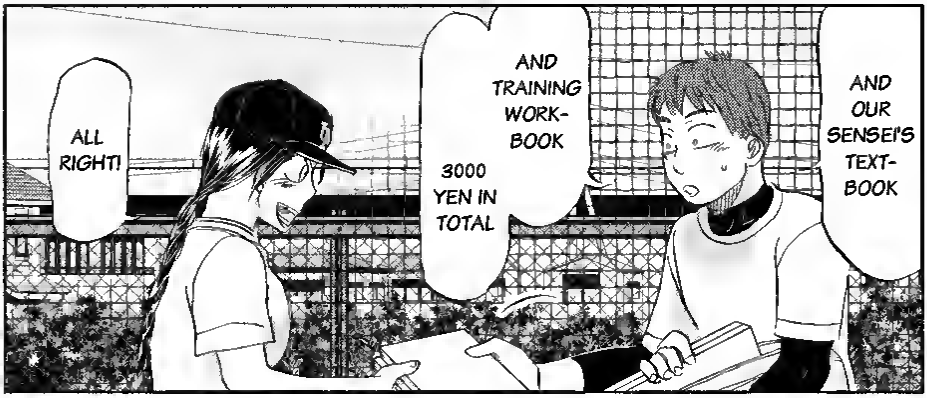
THAT'S WHY, RIGHT AFTER YOU SEE SOMEONE WITH NEGATIVE THINKING...

THWAP
DO YOU GET IT?
"PLUS" THINK-ING BEAM!!
DO IT!

YES!

YES!
MATSU-ZAKI-SAN
BEAM!
PLUS!
run
run
YES. IN ELEMENTARY, MIDDLE, AND HIGH SCHOOL
DID YOU ALSO PLAY BASE-BALL?
33
I'LL BE LEARN-ING TOO!
OF COURSE!
YOU SAID THAT YOU'D TEACH US FOR FREE THIS TIME...
ERM,

DID MY FATHER MAKE A STRONG REQUEST...
No! No!
AH! BUT I'LL CHARGE YOU FOR THE ACTUAL COST OF THE PSYCHOLOGY TEST PAPERS
ONE PAPER IS 200 YEN


AND OUR SENSEI'S TEXTBOOK
AND TRAINING WORKBOOK
3000 YEN IN TOTAL
ALL RIGHT!

34

LET'S MAKE THEM TAKE THE TEST DURING LUNCH BREAK
OKAY
THEN I'M GOING TO JOIN THEM
OKAY!

YES!
HE~Y! LET'S PUT MUSIC DURING WARMING UP TOO
MY MENTAL PREPARA-TIONS WEREN'T ENOUGH!!
AND I NEVER IMAGINED SHE'D BE SUCH A BEAUTY ...!!!
I'D HEARD THE COACH WAS A WOMAN, BUT
RUN

"MENTAL WEAK-NESS IS THE COACH'S FAULT..."
THAT'S NATURAL IF YOU CAN ALSO TRAIN MENTAL SPIRIT

YOU DON'T?
YOU DO
IF YOU'RE A VERY OPTIMISTIC PLAYER WHO LIKES TO GET CORNERED AND TRUSTS THE COACH.
INNER STRENGTH AND FIGHTING SPIRIT,
IN THE PAST IT WAS BELIEVED THAT YOU ATTAIN SUCH THINGS BY GETTING DRIVEN INTO A CORNER

(fungo - outfielders and infielders gather in one place, fielding practice - players are in their regular positions).

YES?
...CAN I HAVE A FEW WORDS WITH YOU?
TO MAKE THE TEAM STRONGER, THE COMMANDER NEEDS TO STEP UP!?
NISHIURA'S UPDATE IS PROGRESSING STEADILY!

A NOTE FROM THE AUTHOR

HIGUCHI ASA

CHAPTER 128

After six years I took Tokai University's public lecture on mental training! Kouzuma-sensei is still the same lively and good-natured person, and it was crowded!! There were coaches I hadn't seen in so long as well as high school students that didn't wear coats despite the cold weather!